



December Webinars



Address Your Stress

with Angie Lederer of BCBSTX

Do you have stress? Or does it have you? This webinar will help you better understand:

- the effects of stress
- common internal and external stressors
- workplace stress
- symptoms of chronic stress and
- various strategies and techniques to help manage stress



Gratitude: Science and Application

With Lacy Wolff of ERS and Alexis Schminke of DPS

Participants will leave this workshop with:

- the scientific findings on how gratitude affects the brain and increases resiliency
- ways to integrate gratitude into your daily routine
- a weekly gratitude log that can be used to maintain a consistent practice

Upcoming State Holidays

- December 24, 2020 Christmas Eve (Thurs)
- December 25, 2020 Christmas Day (Fri)
- December 26, 2020 Day after Christmas (Sat)
- January 1, 2021 New Years Day (Fri)
- January 18, 2021 Martin Luther King, Jr. Day (Mon)
- January 19, 2021 Confederate Heroes' Day (Tue)*
- February 15, 2021 President's Day (Mon)

From Comptrollers FY2021 Holiday Calendar

*Skeleton crew required

Healthy Holiday Inspiration

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."
– Epictetus

"Wear gratitude like a cloak, and it will feed every corner of your life."
– Rumi

"We must find time to stop and thank the people who make a difference in our lives."
– JFK